



A novel idea

Schools should give old books a new home.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Keeping the change

A tax free account benefits everyone 18 and older.
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MONDAY, JANUARY 26, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

41ST YEAR — NO. 4

Obama, live

By LOUISE KADDOUR

Though celebrations across Canada were held to commemorate the inauguration of President Barack Obama on Jan. 20, Conestoga College didn't go all out.

"We try to stay politically neutral in that respect," said CSI president, Sheena Sonser.

Sonser explained that CSI doesn't want to show preference toward a particular political party and said nothing special was planned although it was live-streamed in the Student Life Centre, the Sanctuary and on monitors in the Library Resource Centre.

Lee Evans, a Conestoga graduate, is disappointed by the college's lack of enthusiasm.

"Every place of education needs to make its students aware of the broader scope of the world.

"Millions of eyes around the world will be watching this event, but the students of the college will be playing Guitar Hero."

Evans believes the Obama presidency is significant even for those who are not American citizens.

"This is not just another

presidential inauguration. This is similar to Nelson Mandela becoming the president of South Africa, this is similar to the Berlin Wall coming down, the statue of Saddam Hussein being toppled ...

"This is validation of 400 years of slavery finally, really, being at an end in fact as well as in principle."

Evans, who watched the inauguration via satellite at the Tri-City Multicultural Centre in Kitchener, believes that Obama is bound to make significant changes as the next president.

"I believe, because of his upbringing and his global education, he will be more successful in bringing all parties to the table to negotiate solutions between different countries and cultures. I believe he will command more respect than the current president, who alienated many countries due to his hard-line stance."

She believes that with a black president leading the United States, there is no reason why anyone cannot excel, no matter their race or gender.

See OBAMA'S, Page 2

IT'S NEVER A GOOD IDEA TO GET STUCK ON THE JOB



PHOTO BY LIZ KOENIG

A large truck got stuck on Jan. 14 under the pedestrian bridge that leads from the rec centre to the main building at Conestoga's Doon campus. According to security, the driver was turning around in the school's parking lot. Tow truck drivers had to deflate the tires and the air brakes in order to lower the truck enough to free it.

New defibrillators make Conestoga heart-friendly



PHOTO SUBMITTED

Sun Life Financial Canada made a donation of \$84,000 to the Heart and Stroke Foundation of Ontario, to help purchase automated external defibrillators at an event held at Conestoga College on Jan. 16. A cheque was presented by Sandy Delamere, vice-president, human resources, from Sun Life Financial Canada, to Justin Brown, director of major alliances with the Heart and Stroke Foundation of Ontario.

By LAURA ROUSE

Conestoga College is now equipped with four devices that could save your life.

On Jan. 16, the Heart and Stroke Foundation of Ontario announced the donation of 24 new automated external defibrillators (AEDs) and related training to Waterloo Region. These defibrillators can improve cardiac arrest survival rates by up to 50 per cent if the device is used in the first few minutes. The announcement was made in the rec centre at Conestoga — which was one of the first sites to have the AEDs installed.

The presentation of a cheque for \$84,000 from Sun Life Financial Canada made it possible for the new AEDs, which will be installed over the next six months in high-traffic public places in Kitchener, Waterloo, Cambridge and surrounding areas.

"Public facilities will now be safer places for residents of Waterloo Region to lead more active and healthy lives," said Justin Brown, director of

major alliances, Heart and Stroke Foundation of Ontario, during the presentation of the cheque.

John Prno, the director of emergency medical services of Waterloo Region, was also in attendance at the announcement.

"Four AEDs were installed at the college — two on the Doon campus plus one in the rec centre and a fourth one at the Waterloo campus," Prno said.

As for the price of the defibrillators, Prno said one costs about \$2,000, once you include the case, signage and training.

Previously, Waterloo Region only had about 50 defibrillators, in locations like hockey arenas, swimming pools, golf courses, community centres and the regional airport. All ambulances and fire trucks also carry them.

The Heart and Stroke Foundation hopes to make AEDs as commonplace as fire extinguishers in public locations.

Waterloo resident Paul Schnarr became the first AED success story in the area in

2007, and is now an advocate for getting AEDs in all public places. Schnarr, 58, had been playing hockey in a Kitchener-Waterloo Oldtimers League game when his heart went into full cardiac arrest. Luckily, RIM Park, where the league played its games, had an AED in the arena, and a trained arena worker, Schnarr survived the near-death experience thanks to the AED, which administered a jolt of electricity to get his heart working properly, and two operations.

According to the Heart and Stroke Foundation, in Ontario alone, approximately 7,000 cardiac arrests occur each year. The odds of survival for a cardiac arrest that happens at home or in a public place are approximately five per cent. With each passing minute, the probability of survival declines by 10 per cent, which makes the defibrillators all the more important.

"We are very pleased with the potential of today's announcement to save lives," said Prno.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you won a million dollars,
what would you do with it?



"Go shopping and
go to Hawaii."

Lisa Woody,
second-year
marketing

"I would travel — see the
world and write about it,
and pay off my debts."

Alex Cooke,
first-year
journalism-print



"Booze and hookers."

Matt McLean,
second-year
general arts

"Give about 76 per cent to
charity, put some in sav-
ings, buy a house and new
car. I would make the world
a better place."

Jean Marc,
first-year
architecture construction
engineering technology



"Stash half of it in a long-
term savings bond, get a
car, go to Disneyland and
rent Wonderland for a day."

Ian Doyle,
first-year
journalism-broadcast



"Go on a trip, spend a lot
and pay off stuff."

Mike Cormier,
first-year
journalism broadcast



Smile Conestoga, you could be our next respondent!

The unveiling of Respect

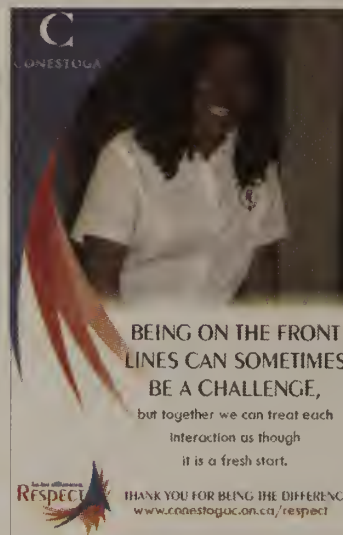
By CHRISTIE LAGROTTA

The college's Respect Campaign has introduced five new posters to its 2008/2009 collection.

The new designs focus on mature students being welcomed and included in the classroom, littering and vandalism on campus, teaching in a classroom, support workers on the front lines and cafeteria employees.

Cheryl Voin, a second-year recreation and leisure services student, is the student featured front and centre of the mature students' poster. Ryan Connell, student life programmer, said Voin was apprehensive about appearing in the photo because of her age, but was extremely enthusiastic to be a part of the campaign because it is close to her heart.

"So many people have said, 'Where's the mature student in this picture, she doesn't look old enough to be a mature student.'"



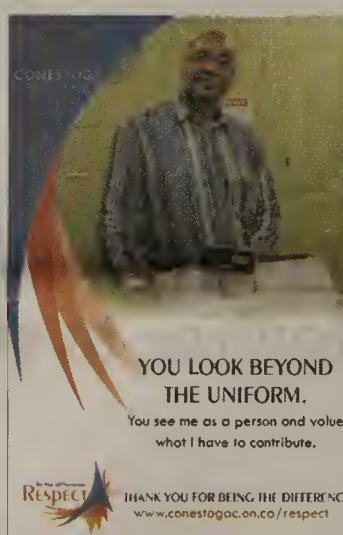
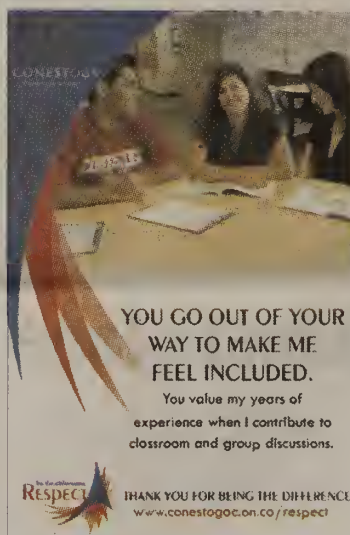
These five posters have been added to the Respect Campaign.

The posters feature familiar faces in hopes they will display the different ways everyone can show respect both on and off campus.

One of the posters features Pernell Richards, a member of the cafeteria staff. "I knew I wanted him to be a part of the

campaign because he is such a familiar face," said Connell. "It's important for us to see them as valuable, and to form that level of respect."

The posters were designed by Courtney Winhold and Katy Horst, both second-year graphic design students.



Obama's inauguration celebrated locally

• From Page 1

"As a black Canadian having grown up in Canada, it signifies hope that the rest of the world will see this as a giant step forward for the Americans and a break from past presidents who represented mainly the interests of white Americans ..."

In an interview with The Washington Post, Obama, now the 44th American president, said his aim is to use his presidency as an example of how people can bridge differences, racial and otherwise.

"What I hope to model is a way of interacting with people who aren't like you and don't agree with you."

On Jan. 20, various local cultural organizations hosted a celebration at the Tri-City Multicultural Centre for Development.

The room was crammed to capacity as people young and old, black and white, watched on a large screen via satellite as Obama became the president of the United States. Chairs were positioned in lines

across the room and the media was scattered along the outskirts. Outside in the parking lot, not a single spot was left, with cars parked along the back sidewalk of the building.

During his inauguration speech, Obama told Americans to put an end to the "petty grievances and false promises, the recriminations and worn-out dogmas, that for far too long have strangled politics."

The ceremony took place at noon in Washington, as more than one million people watched the ceremony live or on large projection screens in the National Mall.

"Starting today, we must pick ourselves up, dust ourselves off, and begin again the work of remaking America."

Born of an American mother and Kenyan father, Obama graduated from Harvard Law School in 1991. During his time at Harvard, he served as editor of the Harvard Law Review.

He published an autobiography titled *Dreams From My Father: A Story of Race and*

Inheritance in 1995 and received a Grammy for the audio version of the book.

The day before his inauguration, which was also Martin Luther King Jr. Day, Obama talked with wounded soldiers at a military hospital and visited teenagers in an emergency homeless shelter.

"It's not a day just to pause and reflect — it's a day to act," Obama said. "I ask the American people to turn today's efforts into an ongoing commitment to enriching the lives of others in their communities, their cities and their country."

On Martin Luther King Day an event was held at the Kitchener City Hall rotunda. Featuring speakers such as Conestoga professor Michael Dale and Errol Blackwood from the Kitchener Church of God, they spoke on the life of Martin Luther King and his message of non-violence.

The University of Waterloo also held a lecture on Jan. 20 to discuss the historical importance of Obama's election.

Canadian Forces recruits Condors

By ADAM RUSSELL

The Canadian Forces are calling and they are asking for you.

On Jan. 15, Cpl. Jay Tisdale of the Canadian army was at Conestoga College to tell students about the many job prospects with the military.

"The Canadian Forces have a lot of different job opportunities that people aren't being informed about," the 24-year-old said. "A lot of people think about the military and they have a narrow view of the opportunities we have available, when, realistically, we have a very broad spectrum of jobs."

Tisdale believes there is a common misconception associated with our armed forces. He believes when people think about joining the military, they only think about the combat side of things, when in reality there are a lot of jobs available in the support trades. Opportunities like vehicle technicians and electrical technicians exist where you would have to go through basic military training, but wouldn't be handed a rifle and told to go out and fight on the front lines.

"That's why the infantry is there," said Tisdale, a graduate of a police foundations course.

The corporal, dressed in full camouflage fatigues, spoke highly of the benefits offered for enlisting in the "full-time military aspect career option."

The regular force provides full dental and medical coverage that extends to your spouse and dependents, along with 20 days of fully paid vacation time.

"There are a lot of benefits in the military that people don't pay attention to," said the corporal. "Number 1, the regular forces specifically, is job security."

Tisdale believes that is the "premier benefit opportunity in the forces."

"We're not in the business of running people off, that's not our deal. We are actually in a period of growth and interest to expand the forces and build up our numbers," he said.

According to Tisdale, the retirement package offered by the forces is also excellent.

You can retire after serving for only 25 years and a full pension is offered. And, there isn't a requirement that you aren't allowed to work after that, in fact, you can find employment and still collect the pension.

"My uncle is a member of the Canadian Forces Navy and is now looking at retiring at the age of 51, and he has no inten-

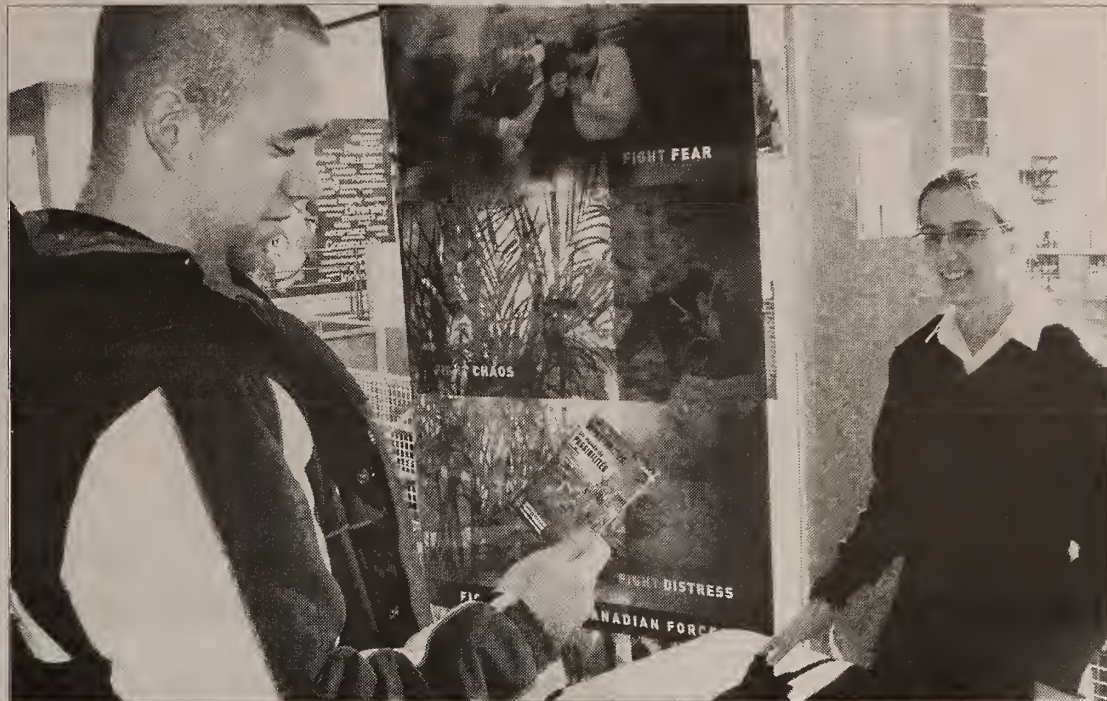


PHOTO BY ADAM RUSSELL

Adam Wilkins, a first-year police foundations student, checks out what the Canadian Forces has to offer while the Canadian Navy's Marie-Soleil Savard looks on. Recruiters were at Conestoga College on Jan. 15 to let students know about opportunities other than combat, that exist in the military.

tion of staying out of the regular job force," said Tisdale. "He'll be able to collect his pension and work somewhere."

Tisdale joined the army at age 16 when he was in high school. He served approximately seven months in Afghanistan in an operations role, helping pass information

and he helped build part of a four-lane highway.

"I found it to be a massively fulfilling experience and it really opened my eyes," Tisdale said of his tour in Afghanistan. "Some of the things I considered hardships before I went over there, aren't, we don't have it as tough as sometimes we think

we do.

"I got to do something that not many Canadians get the opportunity to do," he said. "I got to serve my country and I got to go help another nation."

If interested in more information on the Canadian Forces or their recruiting, visit www.forces.ca

Student strategizes to second place

By LIZ KOENIG

Conestoga has had another "shout it from the rooftops" success.

Third-year management studies student, Dave Sebele, placed second in the Business Strategy Invitational (BSI), only two points behind a Laurentian University student.

The BSI is held online three times a year in May, August and December and runs over two weeks. It consists of 10 decision-making rounds with deadlines each weekday at 10 a.m.

Any student or team who finishes first in a Business Strategy Game (BSG) simulation at their school is eligible to participate in the BSI.

Sebele was invited to compete in the BSI against more than 165 other teams worldwide.

The field was separated into 14 industries and 12 teams competed against each other in each industry. The winner of each industry is the "grand champion."

The object of the game is to run a shoe company while practising business strategies learned during a strategic business-planning course.

"My strategy was low cost/broad focus, which means I made as many shoes as possible, offered them at low prices and sold them to all



PHOTO SUBMITTED

Business administration teacher, Maureen Nummelin, poses with third-year management studies student Dave Sebele. Sebele placed second in the Business Strategy Invitational.

regions of the globe," he said.

Using this strategy helped Sebele win the BSG; however, the invitational event required a different approach.

After placing ninth in the first decision-making round of BSI using the same strategy, Sebele was a little discouraged.

The invitational, which took place during an exam time, along with the pressure of studying, almost saw Sebele drop out of the contest.

"I enjoyed putting time into the game ... my exams suffered a little as I battled my way back into fifth," he recalls.

Because the competition pits the best in the world against each other, Sebele had to employ a more devious strategy and ended up changing it

many times over the course of the competition.

Sitting in fifth place on the last day and hoping to improve his position, Sebele was ready to make his last charge at the leaders.

"I pulled out all the tricks I knew and was catapulted to second ... even though I didn't win it was good to see Canadians get first and second in an international competition," Sebele said.

Even though he was nearly unable to compete at all due to missing one of the deadlines by an hour, Sebele didn't give up. He had to e-mail the competition adviser and argue his way back in.

In the end, Sebele reigned in a victory both for Conestoga and Canadians alike.

Textbook budgets take a hit

By SARAH BOYCHUK

You can't judge a book by its cover, or so the saying goes. When it comes to judging a book by its cover price, however, the critical nature of cash-strapped students is significantly heightened.

Andrew Hiusser, a technology foundations student, is concerned about the high cost of materials required by his program.

Hiusser visited the bookstore on Jan. 5 to ensure a headstart on the new semester, and emerged with a receipt totalling over \$200. Though his shopping still isn't complete, he admits that last semester "was bad," as the equipment he needed to purchase came at a greater cost.

Holly Worden and Brianne Berry, both second-year nursing students, were similarly dissatisfied with the cost of course materials. Berry thought her experience was "ridiculous," and noted that there are "not a lot of used books" available to students in her program. Worden and Berry have considered looking online for competitive pricing, but concerns of relying on unfamiliar vendors have thus far deterred them.

Mary Andraza, manager of Conestoga College's on-campus bookstore, understands that stocking up on a semester's worth of textbooks can be costly. What many students fail to realize is that the college is not responsible for setting the prices. In fact, the cost of textbooks is fixed among colleges across the country, with standard pricing determined by publishers.

Those who are looking to catch a break on their textbook budget are not without options. Conestoga allows students to sell texts they no longer need to the college, who will then mark them at a discounted price for further use.

Andraza suggests that students shop for books as soon as instructors post required readings for the best chance of finding used books. Those who are hesitant to join the book-buying masses who flood the store at the start of each semester also have the option of purchasing texts from the college online.

While used books are not for sale over the Internet, students can place an order for new books from the comfort of their personal computer, with the selected texts bundled together for convenient pick-up.

As for turning to other online retailers in an effort to score price-reduced books, Andraza warns against this. Purchasing texts on campus means that if a product is "defective or you find out you don't really need it, you can return it," she says.

Defibrillators restart lives

By LIZ KOENIG

Saving lives doesn't just fall on health-care workers anymore. Now anyone can save a life thanks to the Heart and Stroke Foundation's Restart a Heart, Restart a Life program.

The Ontario foundation is hoping to make automatic external defibrillators commonplace.

The program has installed 1,000 defibrillators in public places across the province.

Conestoga's Doon campus received three of the devices, two in the main building and one in the rec centre, and the Waterloo campus got one.

In addition to Conestoga College, Union Station, GO trains and GO stations will have defibrillators installed as well as many other locations in Ontario.

Defibrillators cost between \$1,300 and \$2,100, depending on whether the case, signage and training are included.

According to the foundation, 7,000 cardiac arrests occur each year in Ontario and 40,000 throughout Canada.

Ontario is even investing \$1.4 million to expand defibrillator training for high school students and is supporting the placement of the devices in high schools across the province.

The more training people have to use the devices, the more lives can be saved.

As reported in The Hamilton Spectator on Jan. 10, a 74-year-old woman was saved after having a heart attack at Hamilton Place and, according to the Oct. 30 issue of the Toronto Star, 26-year-old Danny Kassap is alive today thanks to a defibrillator, after he collapsed while running a marathon.

Heroes come in all shapes and sizes and simply by installing defibrillators in public areas and schools, the potential is there for anyone to save a life.

According to an article in the Oct. 2 issue of The Waterloo Region Record, 80 per cent of cardiac arrests occur outside of the hospital and, without immediate attention, survival rates are poor.

Each year an estimated 30,000 Canadians die from cardiac arrests. Survival rates could increase to around 50 per cent from about five per cent with the use of a defibrillator and CPR.

Defibrillators increase the likelihood of saving someone's life by 75 per cent or more over CPR.

Conestoga has upwards of 40,000 full- and part-time students. The new defibrillators should come as a big relief to all of them.

The views expressed herein represent the position of the newspaper, not necessarily the author.



Help make Conestoga College a greener environment

When I look at Conestoga College, I am pleased to be a student here, not because it's such a great learning environment to be in, but it makes a genuine effort to be environmentally friendly.

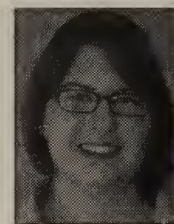
Little things can go a long way, especially when the environment is concerned.

When talking about becoming eco-friendly, an excuse I often hear from people to not go "green" is that they don't know where to begin. Let me share some of the ways you can reduce your carbon footprint at the college.

Water bottles, you don't need them. Invest in a good reusable water bottle that you can carry around and fill up at home or at school.

At the school, there are water fountains at your disposal around almost every corner. Stop supporting bottled water manufacturers and helping them drain our scarce energy and water resources.

One of my biggest pet peeves is seeing someone throw their aluminum pop can or newspaper in the garbage. All along the hallways the garbage cans are almost always accompanied by a blue box for cans/bottles and paper. You never have to walk too far to throw away your cans or old notes, so there really shouldn't be an



Sarah Bongers
Opinion

excuse for why you're putting them in the garbage instead.

Maybe you have noticed in some of the open labs, a poster saying in 2004/2005, Conestoga students printed over three million papers. How many sheets did you throw away immediately after printing because of an error in your work? How many of those notes could have been compressed to two pages front and back instead of four separate pages?

If all 7,500 full-time students at Conestoga saved even one page from being printed a day, we'd cut our annual paper usage by a third.

Before printing off a page, make sure you have double- and triple-checked your page before you hit the print button.

We live in an electronic age, yet we don't use it as often as we should. Converting all notes and handouts to an electronic format rather than hard copy would also reduce the amount of paper we use annually.

If you come to school via

car, you know how crowded the parking lots can get, and how expensive gas can be in the long run. The Grand River Transit has a phenomenal bus system and I urge people to use it more often.

I understand some of you do live far away, but to save some money and reduce carbon emission, try driving to the nearest bus terminal such as Fairview Mall or the Cambridge Centre, and bus to school the rest of the way. That way you don't have to fight for your parking space and you are making a small step toward reducing your carbon footprint.

Trying to be eco-friendly does take some sacrifice on our part, but changing a few things in our daily habits is anything but a sacrifice.

Going the extra mile to ensure our planet's health and our town for the sake of future generations is worth it.

I challenge every student, faculty member and staff person at Conestoga College to become greener, healthier and happier. If there is anything out there worth saving, it's our very own beautiful blue planet, because it's one of a kind.

For more ideas on how to live a green lifestyle, check out www.wikihow.com/Be-Green.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C29, Kitchener, Ont., N2G 4M4



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Aviation student soars at contest

By LACIE GROFFEN

The award winner was described by his peers as a "well-rounded and professional individual who displays the attitude and talent necessary to succeed in this demanding profession."

Matt Beck, a second-year aviation student at Conestoga College, received a \$1,000 award from the Air Canada Pilots Association (ACPA) at the Waterloo-Wellington Flight Centre on Jan. 16.

The Toronto local council of ACPA donated \$5,000 to divide between five students, one from each aviation college in Ontario. The award was created in honour of the 1995 founders of ACPA, Dave Edward and Tom Jerrard.

Tammy Adams, a post-secondary co-ordinator for both Conestoga College and the University of Waterloo, said Beck was "really cool" and that he graciously thanked everyone, including his parents who were in the audience.

She said ACPA stressed the importance of teamwork both

at school and in the air.

To receive the award each recipient had to be nominated by their classmates. Conestoga aviation students nominated two individuals, Matt Beck and Jason Vinzenz.

As a tiebreaker, each of them was asked to write an essay. Beck won students over. However, because both students had been nominated, ACPA presented Vinzenz with a letter of recognition.

Adams felt the award showed professionalism and dedication on part of the association.

She said they helped to reinforce what was being taught in the program.

Following the award presentation the students and pilots went to Moose Winooski's to celebrate. Adams said students were happy to meet in an informal environment where it was easy to ask the pilots questions.

She said networking is a big part of the program and the pilot organization is smaller than people think.

"The ones who stood out that night will stand out in the future," said Adams.



PHOTO SUBMITTED BY TAMMY ADAMS

Matt Beck, a second-year aviation student, won \$1,000 from the Air Canada Pilots Association. He is shown with Nancy Roberts, chief flight instructor at the Waterloo-Wellington Flight Centre.

Conestoga professor honoured

By PATRICK LANSBERGEN

A Conestoga professor, in collaboration with two University of Waterloo faculty members, has been awarded the Charles H. Jennings Award of the American Welding Society. The honour was received as a result of a paper published in the American Welding Society journal.

Dr. Tam Nguyen, the Conestoga professor who received the award, has worked at Conestoga since 2004 and teaches in two programs - integrated advanced manufacturing technologies as well as manufacturing engineering technology welding and robotics. Nguyen said of the honour: "It feels fantastic. I'm on a list with really famous people; it's a very nice privilege to be recognized by your peers."

According to Nguyen, the topic of the article is the desire to increase the speed of welding while maintaining the quality of a weld done at a regular speed.

When welding too quickly the welder will end up with a tall, thin weld. Nguyen and his co-writers, Dr. David Weckman and Dr. David Johnson of the University of Waterloo's department of mechanical and mechatronics engineering, spent about two years researching and writing the article.

"Beating diabetes and treating diabetes both depend on research. CDA funding makes it possible."

Dr. Daniel Drucker, research scientist

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HEART AND STROKE FOUNDATION

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and even Hip Hop. This music also communicates
history and tradition that goes far beyond mere
music. It is the goal of Robert to share what he has
learned about this music through presentations and
performances.

If you would like to find out more about this award
winning musician come and join us on Tuesday
January 27th in the Sanctuary at 12:00 by for a
presentation by Rev. Robert B. Jones.

All are welcome!
Performing in the Sanctuary
from 12:00pm - 1:00pm

JANUARY 27th, 2009

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JANUARY 19, 2009

ADULTS \$8.50

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This Conestoga graduate will pump you up

By NEIL McDONALD

Strength. It's a word that means a lot to Ryan Lapadat.

It's something he thinks about when he's strapped into a harness, ready to single-handedly pull an 11,000-kilogram school bus down the street.

And it helps to have a little muscle when you're a national powerlifting champion competing with the world's best.

But the 29-year-old Guelph resident and Conestoga College graduate known as "6 Pack" doesn't haul buses and lift 225-kilogram weights just to prove how tough he is. There's a different kind of strength that inspires him.

He sees it when he visits cancer-stricken kids at the Hospital for Sick Children in Toronto. Those are the kids he tows and lifts for. So far, he's raised \$10,000 for the Sick Kids Foundation.

"Some of these kids are fighting for their lives," he says, "and they're not even into double digits yet. They're like eight, nine, seven, and they don't feel sorry for themselves. They're still in good spirits. And they're strong, maybe not physically, but mentally they're so strong. Kids are so much stronger than you give them credit for."

Early last year, Lapadat, who's been lifting weights since he was in Grade 6, decided he would do whatever he could to help. So he set himself a few modest goals. Win the Canadian Drug-Free Powerlifting Association Middleweight Championship

in June. Lift a total of over 1,100 kilograms to qualify for the world championships in August. Start a marketing campaign to have corporate sponsors donate money for every pound he lifts. Tow school buses and speak at public schools to raise even more money. Check, check, check and check.

Around the time he made his decision, someone close to him passed away from cancer. It was his nephew's 25-year-old father. Once again, Lapadat found himself gaining a new perspective on strength. On what it means to be tough.

"I seen my one buddy when he was dying of cancer, his sister was kind of like – he was dying, he couldn't see at the time and he couldn't really hear too well and he was really, really skinny. And she's holding his hand, rubbing his hand, saying 'whatever you need, just let me know,' and just stayed with him at the bedside. That's tough, you know what I mean? That's tough."

Lapadat says he told his nephew that he was going to tow buses to help kids who have the same kind of sickness as his dad.

"I was like, 'So, do you think I could tow a school bus?' and he goes, 'Yeah, you could tow a school bus!'" I was like, really? And this is coming from a six-year-old. He was the first person who said I could."

The first time Lapadat practiced towing a school bus, he was in an empty high school parking lot and, he says, "scared to death." He strapped



PHOTO BY NEIL McDONALD

Ryan "6 Pack" Lapadat shows off his weightlifting technique Jan. 16. The Conestoga College marketing graduate is a Canadian Powerlifting champion who has raised \$10,000 for the Sick Kids Foundation.

himself in, got into position and heard his helpers yell "pull!" Getting the bus to budge that first inch is the hardest part, he says.

"You feel it pull you back because it's so big. You just keep pushing, pushing through, and all of a sudden the wheels start turning a little, and I was like, 'Holy crap, this can happen.' Then that's when the adrenaline starts going and you realize, 'This is possible.'"

Lapadat's message to kids is just that simple: "Anything's possible."

Talking to him outside a training room at the Guelph Athletic Club, it's hard not to get caught up in his belief in the power of positive thinking. He's talkative, funny, upbeat. Away from the gym, he's also a

hip-hop artist and an actor. Listening to him, it's easy to believe that, well, anything's possible.

"If your mind can conceive it, you can achieve it," he says.

That kind of thinking has helped Lapadat become the reigning world arm curl record holder, as well as a national drug-free powerlifting champ (he eventually finished fourth at the worlds). It's the "drug-free" part that's most important when he's talking to kids, he says.

"If I started taking a steroid or something like that, that would mean that you don't believe in yourself, there is a doubt in your mind. As soon as you allow that into your head, where does it end?"

Lapadat is a graduate of the marketing program at

Conestoga, and says the skills he gained at school have played a huge part in his public speaking and fundraising efforts.

"Right now, I'm using everything I learned from Conestoga, and I'm actually making a difference in people's lives."

Even though he's completed every task he originally set out for himself, Lapadat says he's not finished yet. He has plans to expand his motivational speaking to schools across the country. And he'll be towing more buses, of course.

"All of this is just surreal to me, I had no idea I could tow a school bus, this is nuts," he says with a laugh. "It's like a dream, I'm going to wake up tomorrow and be like, 'that was a good dream.' But, we'll see. I'm not done dreaming yet."

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IN BRIEF

Rez is a full house, almost

The Conestoga Residence and Conference Centre is almost at full capacity this year with 513 students living there, leaving only 10 spots empty.

In the building, there are 113 shared open-concept suites that house 225 students, and 153 shared two-bedroom suites that house 300 students.

For first-year students applying to

residence, it's first come, first serve. If students are returning to residence for a second time, they are guaranteed a spot in the shared two-bedroom suites, before all the first years.

For more information on residence, such as costs and what to bring, log on to the college website at www.conestogac.on.ca/residence.

Residence re-labels washrooms

The Conestoga Residence and Conference Centre has followed in the footsteps of the college and has opened gender-neutral washrooms.

The residence re-labeled their lobby washrooms, which were previously a separate men's and women's washroom, into unisex, single-person

facilities.

This is all part of Conestoga's Respect Campaign to be more welcoming, inclusive and respectful to everyone in the college community.

For more information about the campaign, log on to www.conestogac.on.ca/respect.

Safety and security awareness week

Learn how to protect yourself at home, at work – everywhere, at Safety and Security Services first ever Safety and Security Awareness event. It will be held at the Doon campus on Jan. 29 from 10 a.m. to 2 p.m. in the Student Life Centre atrium.

Services programs will be running displays on both personal safety and occupational safety topics.

Participating organizations include: MADD, Victim Services, Crime Stoppers, Emergency Medical Services, Workplace Safety and Insurance Board, Education Safety Association of Ontario, Kitchener Fire Department, Red Cross and Waterloo Regional Police Services.

All staff and students are encouraged to attend.

CONESTOGA
STUDENTS INC



Canadian Cystic
Fibrosis Foundation

POLAR PLUNGE



THURSDAY, FEBRUARY 12TH
STARTS AT 12:00PM AT THE BACK POND
SIGN UP IN THE CSI OFFICE, ROOM 2A106

***CONESTOGA STUDENTS TAKING THE PLUNGE
FOR THE CANADIAN CYSTIC FIBROSIS FOUNDATION***

SUPER BOWL

PUB



THURSDAY
JANUARY 29TH

CONESTOGA
STUDENTS INC

\$5.⁰⁰ A TICKET, SOLD IN ADVANCE ONLY
BUY TICKETS IN THE CSI SELF SERVE, ROOM 2A108

IN THE SANCTUARY FROM 9:00PM - 1:00AM
ALL AGES

PROOF OF AGE OF MAJORITY REQUIRED
All CSI licensed events are subject to Smart Serve regulation.
Search before admittance and no re-entry policies in effect.

Choose salad over Big Macs

By KAITLYN HEARD

(This is the first of a two-part series on healthy living. The second part will appear next week.)

It is the smell that seduces you. It is the kind of smell that draws you in and intensifies your cravings. French fries, chocolate, candy and more. Junk food is a tough thing to fight.

Eating healthy and exercising go hand-in-hand. So once you've worked out a fitness routine, the next part is eating better to help your body while working out.

"You need to be willing to change your eating habits. It's not easy, but it's a must. There is no point in working your behind off for hours at the gym then stop at McDonald's for a double Big Mac on the way home. You need to eat a healthy and balanced diet," said 24-year-old Jamie Lamothe, a certified personal trainer and health consultant.

Eating healthy is an important aspect of living a long and healthy life. You are, however, entitled to have a treat once in a while. "If you are going to treat yourself, do it in moderation. Reward yourself after a long week of hard work," said Lamothe.

The best way to keep track of what you eat is to keep a food journal. Write down what you ate and the time you ate at. This will help determine if you're eating too much or eating at the wrong time of day. It's best to eat dinner between 5 p.m. and 7 p.m. Any time after 7 p.m. isn't good for your body because it will store the food rather than use it as energy.

You should also read the nutrition labels on your food products. Before you eat something, calculate the calories and grams of fat included. Calories are your energy. If you're exercising, eat approximately 1,500 to 2,000 calories a day. "Also, drink lots of water. Eight glasses a day preferably," said Lamothe. "Water is good for your body, specifically your organs."

There has also been much speculation about wine. Is it good to drink a glass of wine per day or not? "Just because they say it's healthy to have a glass of wine a day, doesn't mean on Saturday nights you drink the bottle and say it adds up to a week's worth. It doesn't work like that. One glass a day is perfect," said Lamothe.

Try a glass of wine with your meal. It helps your body digest food better and also contains antioxidants that help prevent cancer.

When it comes to eating in general, keep in mind that breakfast is the most important meal of the day.

Sixty-one-year-old pharmacist and health-conscious eater, Edward Essa, suggests eating a big breakfast. "It's the first opportunity for the body to get

some nutrients to function properly, provide energy for the muscles, help with mental functions, etc. If you don't have a sufficient healthy breakfast, your body's capabilities could be compromised for the rest of that day."

Eat a breakfast that contains all four food groups. It's important because it will keep you full and provide a lot of energy that will last for most of the day.

"During the day, try to snack every two hours until dinner-time," said Essa. "That will keep your body satisfied and you won't go hungry."

Eating healthy can be easy, especially when you're doing the cooking. Instead of fried chicken or deep-fried chicken wings, try barbecuing, boiling or grilling your meat. It's a much healthier alternative. Also, during dinner and other meals, take your time to eat and enjoy your food.

On top of cooking healthy and eating delicious fruits and vegetables, eat slowly. Make sure to eat when you're hungry and stop eating when you're full.

Eating until your stomach is sore is hard on your body. It forces your stomach to expand and stay stretched. This causes weight gain because it allows you to consume more.

Randy Clusiau, 33, took the appropriate steps to lose weight. "I decided to cry out for help to a local naturopathic doctor. She put me on a special diet and helped me out with proper health supplements that suited my specific needs," said Clusiau.

Clusiau lost 120 pounds in a year and felt great. "Combined with a diet made up of five small, healthy meals a day, I started to get great results. I was so encouraged by the results that I continued more vehemently."

Motivation was the secret to Clusiau's success. He continues to eat healthy and works out everyday.

Naturopaths are doctors of natural medicine who find solutions to health issues with the use of natural medicines and products. They can also help you live a healthier lifestyle.

During a consultation, naturopathic doctors can provide natural supplements to help a patient attain a desired weight without spending hundreds of dollars on weight loss pills that don't work.

Also, talk to your local pharmacist for help with choosing the right vitamins. They can be very knowledgeable about nutrition and proper eating habits, and can give suggestions on the best brands, types and dosage of daily vitamins.

Supplements, eating healthy, a good workout and motivation are essential to leading a healthy and balanced lifestyle. And, remember your goal and work hard towards it.

"Make your weight loss goals attainable but challenging at the same time. Once you achieve those goals, develop new



PHOTO BY KAITLYN HEARD

The London Grill's Grilled Atlantic Salmon is a nutritious meal.



PHOTO BY KAITLYN HEARD

Vitamins are only part of being healthy. With proper vitamin supplements and exercise, you can live a healthy and balanced lifestyle.

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One person, one fare

It's bad enough that airfare is ridiculously priced most of the time, but now those of us who are deemed overweight by some airlines are being told to buy an extra seat. How rude can you get? Just because some of us are overweight does not mean that we should have to pay for two seats while travelling on a plane. I mean, even an average-sized person can't fit comfortably in those seats.

Southwest Airlines, Delta and American Airlines are known for charging obese passengers for two seats.

Canadian airlines such as WestJet, Air Canada and Air Canada Jazz used to charge for the extra seat too, but had to incorporate the "one-person, one-fare," policy as mandated by the Canadian Transportation Agency. This means that if you are severely overweight you will get two seats for the price of one. But the airlines are the ones who judge the weight.

Their deadline was Jan. 10, 2009, and although they met it, they also added between 44 cents and 77 cents to each ticket sold.

I'm sure that if you walk down any street you can find that much change or you can check your couch. Is that all it takes to make sure that someone with a disability or someone fighting a weight issue, flies comfortably? If so, I'm all for it.

The airlines want to make it clear that the policy is for those who are "severely" obese, and are disabled by it. So how do they know who counts as severely overweight? Must we be weighed in a room hidden from other people?



Heather
Muir
Opinion

Although I agree that the policy of not making those who are overweight pay more is a good thing, there will be others who think that it is ridiculous that they should have to pay an extra few cents for airfare. All I can say is try to buy one less coffee at Tim Hortons.

I know that I can't get comfortable in those tiny size zero seats that they put in planes. But those who had to pay an extra airfare just to fit were getting ripped off.

Before the policy was put in place obese people had to complete what is called the arm-rest test. Attendants were supposed to take the person onboard the plane before everyone else to see if they could fit into one seat; if not they would have to purchase an extra ticket, or upgrade to first class.

I remember waiting in line to check in for my flight, and this lady in front of me was asked to step into a room off to the side. A few minutes later I heard the woman screaming at the attendant saying that it was absolutely rude to make her buy another seat, just because she had a weight issue. I'm sure glad I was not in that attendant's shoes. This is a good start to fixing the problem but will another problem arise if airlines are the judge of who is too obese? Nobody should have to pay double airfare just so they can travel comfortably.

STUDENTS ON THIN ICE DURING RESCUE



PHOTO BY NEIL McDONALD

Pre-service firefighter students practise "throwbagging" Jan. 14 by the pond at Conestoga. The technique involves a lifeline that is thrown to people in danger of drowning in icy waters.



PHOTO BY DAVID SMITH

In the first two weeks of 2009 over 135,000 tax free savings accounts were opened with TD Canada Trust. There is more than \$300 million in assets already in these accounts.

Millions poured into tax free accounts

By DAVID SMITH

The ill-conceived tradition of saving money has been judiciously imprinted onto our financial conduits since childhood. Our educated guardians suggested it when newspaper routes and babysitting were part-time jobs. Looking back, it's clear our loved ones were simply catering to our future well-being. Unfortunately, when careening through the elementary age of eight, putting money aside as opposed to simply, and eagerly, spending it, was thought to be an act of blasphemy and woe – not to mention an inconvenience.

Now, at the ripe ages of 18 to 28, traipsing through the 21st century, saving money has become optimistically simple and clear of trivial ergonomics. People who are considering investing money in high interest, locked down, guaranteed investment accounts, have a number of ways to make a few extra dollars. For some, the journey into savings may seem convoluted and difficult; luckily, a new type of transportation has received clearance and has engaged in autopilot, courtesy of the Tax Free Savings Account (TFSA).

Sherry DaSilva, a financial adviser at a TD Canada Trust in Cambridge, is confident that the new account will have its share of productivity.

"This new tax free account can benefit anyone, really. Mutual funds are really low and if you're looking for an easy way to earn some interest right from the get-go, the tax free account is the answer," said DaSilva.

"As long as you're 18 years old and have a social insurance number, then we can have an account opened for you."

Made available to Canadian residents on Jan. 2, 2009, the TFSA has been welcomed by many due to its user-friendly approach.

"The account has a great interest rate, it's flexible and, unlike some of the other savings account where access to your funds is restricted, you have access to your funds anytime. And on top of all that, the interest earned with the account is tax free," said DaSilva.

"It's a good product as well in that you earn two and a half per cent interest from the very first dollar put into it, which, for a savings account, has never been implemented."

Banks are also witnessing investment numbers climb drastically since the TFSA has been made available – reaching well into the millions of dollars invested.

"Roughly speaking, there are 17,000 TD branches across Canada. In the first week

alone, our branch opened up 30 tax free accounts. With a limit of \$5,000 in each account, you can see how quickly the numbers can escalate. And that's just TD Canada Trust, only one of the big five investment companies in Canada," said DaSilva.

Bank tellers at the Cambridge bank have been encouraging clients to open a TFSA, as well as answering questions for those interested.

"I had clients coming into the branch, inquiring about the tax free account last November. So you can see it's been a well sought after product for some time," said Melodie Gunn, a customer service representative at the bank.

"I get at least three to four customers asking about the account each day. Everyone seems to be proactive with regards to the account. It's great to see the amount of feedback from the community," said Gunn.

"They always say it's wise to have three times your wages saved up in case of an emergency – it's just a matter of being pointed in the right direction, towards the most beneficial account for you, taking into consideration your financial productivity."

For more information on the TFSA, visit www.tsfa.gc.ca or your nearest financial institution.

Corkboard bargains

By JAMIE REANSBURY

Whether it is a flyer selling some books, a snowboard, a car or an apartment, it is likely to be advertised on the Conestoga College corkboards.

Located in a portion of the main hallways on the first and second floor of the school, the letter-sized posters that literally cover the walls are primarily from students who want to get rid of textbooks and other unnecessary items.

"It seemed like a pretty logical decision (to put up flyers)," said Mike Zakrzewski, a first-year broadcast journalism student. Zakrzewski used the corkboards to advertise an opening in the residence when he wanted to move to an apartment.

"Residence just wasn't my

thing," he said.

Though he was able to fill the spot at the residence through another source, the corkboards have helped many other people in their selling quests.

Matthew Grubb, an alumni marketing student, has used the corkboards to advertise the apartments at the townhouse where he is the landlord.

"I've done it for the last three years running so I know that it works," said Grubb.

One of the other advertisements even included an incentive package for bargain hunters who like to know how much of a deal they are getting. For new management information systems textbooks it costs \$129.77, plus an addi-

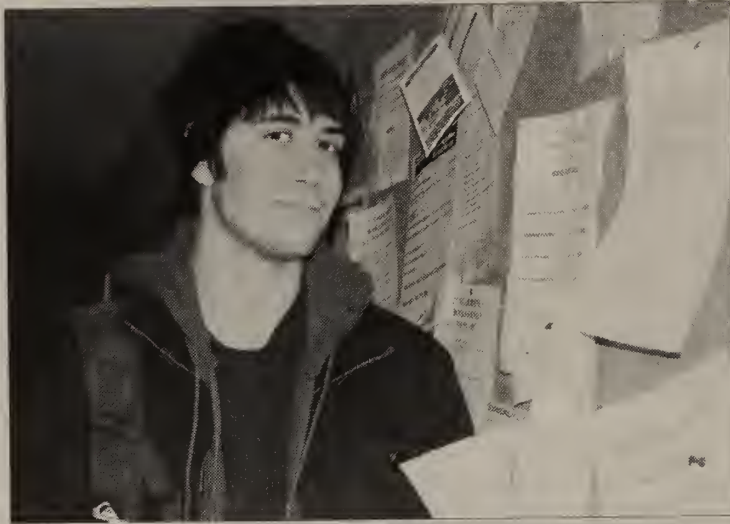


PHOTO BY JAMIE REANSBURY

Michael Zakrzewski, a first-year broadcast journalism student, stands beside his advertisement in the first floor C wing corridor.

tional six per cent tax, according to the posted flyer. It also said that most used books from stores cost \$97.35, plus

an additional six per cent tax. The same advertisement is selling the books for a fixed \$90.

Many of the people who try to sell their textbooks through the boards do so because they do not know who actually needs the textbooks.

"I obviously don't know most of the people in the college," said Sadaf Saeed, a first-year accounting student.

While some people are out to make a profit, others are just trying to get rid of books that they do not need anymore. And if they make a little money on the side, so be it.

Others still, like a third-year accounting student, are advertising to sell their old textbooks well trying to get the next semester's books for a bargain price.

Student urges revision of high school's book policy

By JESSICA O'DONNELL

Michael Damyanovich sought out his favourite poetry book one lunch hour at Waterloo Collegiate Institute and found it was gone. When he asked where it was, the librarian told him that it had been taken off the shelves and sent to a recycler.

He was appalled and has made it his mission to have the Waterloo Region District School Board change its policy on recycling older and damaged books.

"Basically, all sorts of books are taken off our school libraries shelves and sent to be shredded," said Micheal Damyanovich, a Grade 12 student at Waterloo Collegiate Institute and creator of the Facebook group, Citizens in Saving School Books. "It's a waste of not only information and knowledge, but also tax dollars, resources and trees. It's just not right."

Damyanovich and students throughout the region have asked that WRDSB review the policy. The school board has since announced it will undertake a review and will look at alternative means to

use older books.

The Facebook group has already grown to 340 members, all with suggestions for a new policy. These include sending books to Third World countries and donating them to homeless shelters and hospitals.

Damyanovich suggests selling the books to students and the public, which will help raise money for new books and more textbooks and to help cover the costs of shipping unsold books to other countries.

The Conestoga Library Resource Centre's own policy is very similar to what Damyanovich suggests.

"All books that are either outdated or slightly damaged are made available to staff and students at no charge," said Linda Schneider, LRC general manager. "Books are placed at the Door 4 and usually every book is taken."

Damyanovich said, "We just want to be able to have access to all the knowledge available. And spread that knowledge to the rest of the world."

"Hopefully knowledge will help to create a better world for everyone."

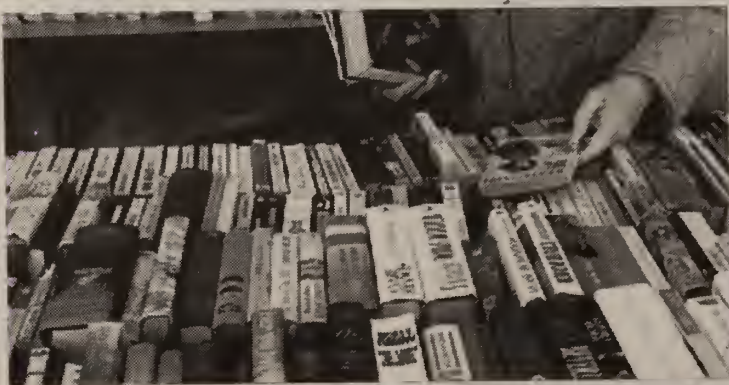


PHOTO BY JESSICA O'DONNELL

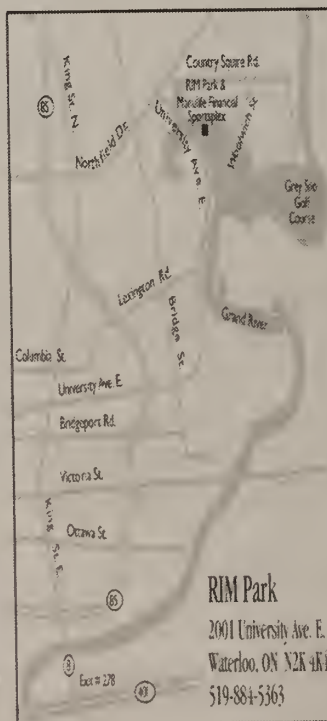
Michael Damyanovich suggests schools sell their old books to students or give them to churches and organizations so they can be sold at fundraisers.

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For more information, visit the Career Resource Centre, Room 1A105 Tel. 519-748-5220, ext. 3219 or email lkattenhorn@conestogac.on.ca

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Preparation

- Visit www.partners4employment.ca for a list of participating organizations
- Pick up an Employer Guidebook at the Career Resource Centre in advance (also available at RIM Park on Fair day) or view it on-line
- Research employers attending the Fair and target those of interest
- Update your résumé and take copies to the Fair
- Prepare questions to ask employers
- Bring student ID for admission to the event

Presentation

- Dress and conduct yourself professionally
- Business casual attire is required
- Exude enthusiasm and self-confidence
- Be focused and ask relevant questions

Free Bus Transportation

- Buses will pick up and drop off from Doon Campus at Door #3
- Additional bus service from UW, WLU and U of Guelph is available from 9:30 am to 2:30 pm. Please see the Fair website for details: www.partners4employment.ca
- Buses leave promptly at these times
- Students requiring accessible transportation should contact Carrie Steele by January 23, 2009 at 519-824-4120, ext. 52305 or csteele@uoguelph.ca



To Job Fair	From Job Fair
9:30	12:00
12:30	3:00

A bloody mess of a movie

By SARAH BOYCHUK

I have abysmal taste in movies.

For every critically acclaimed foreign language film on my list of favourites, there is a cringe-inducing counterpart. Case in point? I once paid to see a horror movie starring Tara Reid as a scientist, with a supporting cast that included Stephen Dorff and Christian Slater. It was based on a video game, had an unintentionally ambiguous ending, and left me thoroughly satisfied.

Perhaps it is not surprising then that I saw *My Bloody Valentine 3D* on opening night. A friend has asked me to accompany her, and if I had her best interests at heart, I would have convinced her not to go, knowing full well it wasn't going to be a good movie. Instead, I arrived early to get good seats.

The story follows a group of attractive young people 10 years after they survived a Valentine's day massacre in a mine, which served as the unlikely site of a party. Now, with the anniversary of that horrific night looming, the survivors are once again being terrorized by someone who was connected to the slayings. Old friendships and romances are put to the test as the cast (led by Jaime King and teen soap alums Kerr Smith and Jensen Ackles) try and identify the masked killer before they can become the next victims.

The directors make liberal use of the 3D gimmicks with stray bullets and splattering blood, and while there are no



genuine scares in the movie, there is plenty of gore. The effects do little to heighten the suspense and the glasses take some getting used to, but the idea of delivering a mostly underwhelming story in 3D elevates Valentine to a camp classic in the making.

In fact, to my utter delight, most of the film itself is ridiculous.

One of my stipulations for a worthwhile bad movie is that the film in question cannot be self-referential. Valentine certainly fits this criteria, weaving together a messy plot that includes infidelity, marital discord and post-traumatic stress disorder. The cast delivered inexplicable dialogue with what appears to be complete sincerity. I never once got the feeling that the actors involved with this project believed that the plot or script was anything less than enthralling, and I was thoroughly entertained watching it all unravel.

I would hesitate to recommend the film to anyone looking for genuine thrills, but for viewers like myself - those who wish they could sit alongside Muppets Stadler and Waldorf or the sarcastic audience of *Mystery Science Theatre 3000*, *My Bloody Valentine 3D* is a scream.



PHOTO BY KEVIN O'BRIEN

Screens showing Andy Warhol's screen tests hang in the Waterloo Regional Children's Museum as part of the Warhol's Factory 2009 exhibit.

Warhol gets another 15 minutes of fame

Exhibit attracts children and their parents

By KEVIN O'BRIEN

In a room at the Waterloo Regional Children's Museum, a father leads his young son by the hand.

On one side of the room, renderings of children's icons such as Santa Claus and Superman hang on the wall. Opposite to that is a collection of 56 photographs depicting the Velvet Underground, an influential rock band known for songs with subject matter ranging from drug deals to S&M.

The father points to a picture of Lou Reed, the singer of the seminal band.

"That's the man we heard singing downstairs," he tells his young son.

It's an odd but fitting sight that perfectly encapsulates the dichotomy of Andy Warhol's work, currently on display at the museum in an exhibit called *Andy Warhol's Factory 2009*.

The exhibit features 60 original works by Warhol along

with work by others influenced by the pop-artist.

The first two rooms of the exhibit are dedicated to the Warhol-influenced pieces.

While these could easily be dismissed as filler - after all, they're not actually Andy's art - Warhol was known for appropriating iconic images and it's interesting to see that contemporary artists have done the same to him.

Devorah Sperber's *After Warhol* is one of the highlights of this section of the exhibit. The piece is made up of hundreds of spools of thread that, when viewed through a small spherical looking glass, becomes one of Warhol's famous Campbell's Soup cans.

In the last room, three huge screens hang from the ceiling, each showing a series of Warhol's famous screen tests. In the silent films, his celebrity friends sit in front of a camera for four minutes, sometimes holding a prop, sometimes just staring. A young Dennis Hopper seems to be singing during his test and Lou Reed is given a Hershey chocolate bar as a prop. Depending on the viewer, these can be either mesmerizing or tedious.

Another highlight of the

exhibit is Steven Shore's photographs of the Factory, the Velvet Underground and Warhol himself. Images of the band rehearsing, parties at the Factory and Warhol surrounded by acolytes are spread across an entire wall in the room. The photographs are complimented by a recording of the photographer discussing his memories of Warhol's art collective.

Finally, there is a series of prints Warhol created for children, including images of Mickey Mouse, Superman and Santa Claus. This is the only section of the exhibit that seems to be specifically directed toward children apart from the museum's Factory Underground Studio, where children can make their own Warhol screen print.

Despite this, the exhibit is small and colourful enough to keep the attention of children and parents alike. There is nothing that could be deemed inappropriate for youngsters and the museum has gone to great lengths to make the exhibit appealing for everybody.

The exhibit runs until April 19 2009. Tickets range from \$13.50 to \$16.75.



PHOTO BY SARAH BONGERS

The face of the Children's Museum in downtown Kitchener got a facelift for Andy Warhol's Factory.

COUNSELLOR'S CORNER: *Grief*

You can't stop crying. You feel angry. You feel numb. These feelings are all normal reactions to loss in our lives - a reaction we call grief. Grief does not only have to be a result of losing a loved one to death. We grieve any kind of loss; the breakup of a relationship, the loss of good health or even the loss of a dream to reach a certain goal. Although these feelings are natural, it sometimes helps to talk them over with a counsellor as part of the healing process. Writing your thoughts in a journal, reading books about grief, and talking to friends can also help. Most of all, give yourself permission to grieve. Feelings left bottled up will only come out later, delaying the healing process.

If you have a friend who is grieving, don't worry about saying the wrong thing to them. Just be there, be a good listener or remind them how much you care with a card, a hug or some time together. If you are grieving a loss and would like to talk with a counsellor or find out about resources in the community, come to Counselling Services.

A Message from Counselling Services, 1A101.

Indoor soccer takes flight for '09 season

By **BLAIR POLLOCK**

The wheels are beginning to roll for Conestoga's men's and women's indoor soccer teams, as they look to finish among the top come season's end.

The men's team has already begun their tournament season with a tough but promising opening tournament held by Centennial College in Woodbridge.

Conestoga finished the tournament with a 0-3-1 record, losing 1-0 to Humber College, 2-0 to Humber Alumni, 4-2 to Sheridan College and tying Durham College 1-1.

Despite the poor record at the competition, head coach Geoff Johnstone, who is also a teacher of sociology and multiculturalism in the police foundations program at Conestoga, remains optimistic about the team's performance.

"We were in by far the toughest division. We played very strong teams. The Humber



alumni team had players who were national champions about four years ago," said Johnstone. "The main object of the tournament was to learn and look at players in different roles and positions, which we wouldn't normally do in tournaments."

The team's roster is close to being finalized and should be set for the next tournament which will be held in the Conestoga College gym on Feb. 1. The Conestoga tournament is followed two weeks later by a tournament in Hamilton which is run by

Sheridan College and is a regional qualifying tournament for the all-Ontario showdown.

Last year the men's team finished fourth in the province, after winning the regional tournament and placing second in their pool at the all-Ontario tournament. The team lost 1-0 in a controversial shootout to Sheridan in the bronze medal game.

"This year we have eight returning players and a very strong defence," said Johnstone. "The aim is to get to the Ontario tournament, but to do so we need more scoring out of our offence."

On the ladies' side of the ball the expectations are high as Conestoga's women's indoor soccer team looks to make their mark in 2009.

With a 12-person roster, the ladies team goes into the season with high hopes of finishing strong on the provincial scale.

"I think we are going to do well in our four tournaments this year," said third-year coach Aldo Krajcar. "They are all good players from the goal-tender out, but the team needs to stay healthy."

Last year's season ended on a poor note as only 10 players were able to go to the provincial tournament after the team won the regionals, due to previous commitments and sickness. Once at the tourna-

ment, four players were injured leaving the team with no substitutions.

"I have a good feeling about the girls. There's a new feeling this year compared to last," said Krajcar. "We have good technical skills, but it's all about commitment and hard work."

The women's team can also be seen in action on Feb. 1 at the Conestoga College recreation centre.

CALL FOR NOMINATIONS for the AUBREY HAGAR DISTINGUISHED TEACHER AWARD

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Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and in related work with their professions or in the community.

For more information or nominations forms, contact one of the following committee members:

2008 Award Winner – Norma Ewing.....	ext. 3612
2007 Award Winner – Peter Findlay.....	ext. 3881
School of Media & Design – Paul Scott.....	ext. 3496
School of Business – Anna Bortolon.....	ext. 3351
School of Engineering & Information Technology – Kristin Higgins.....	ext. 3309
School of Health Sciences, Community Services & Biotechnology – Mary Elizabeth Roth.....	ext. 3919
School of Trades & Apprenticeship – Fred Fulkerson.....	ext. 3372

The Chair of the Committee (non-voting) is the Manager, Professional Development, Jeff Fila..... ext. 3381

Nominations open on January 19, 2009
Nominations close on March 13, 2009

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The Ontario Labour Relations Board has ordered a certification vote to find out if **part-time and sessional faculty** at Ontario's community colleges want to join the Ontario Public Service Employees Union. If you want a better life at work, there's only one thing to do: **VOTE YES!**

When you **VOTE YES**, you'll be voting to give yourself a strong, professional voice in the workplace. OPSEU has over 40 years' experience representing full-timers right across the college system. OPSEU is fully democratic and accountable to you.

By joining with your co-workers, you can build your negotiating power to address the inequities you face on the job, for example: **lower pay** for doing the same work as partial-load and full-time faculty; **no compensation**

for prep time and marking; and **no job security** from semester to semester.

And when you **VOTE YES**, you'll be helping to improve the quality of education for all college students. Trained, experienced faculty are more likely to stay with the college when their own needs are being met.

Take the next big step to a better life at work.
VOTE YES!



The vote is by secret ballot and is supervised by the Labour Relations Board. Neither the union nor your employer will ever know how you voted.



You do not pay union dues until you and your co-workers approve a collective agreement.

VOTE DETAILS:

At Conestoga College, vote on TUESDAY, JAN. 27 at these locations and times:

Boardroom 2A12, 108 University Ave. E., WATERLOO
12:30 p.m. – 2:00 p.m. and 4:00 p.m. – 5:30 p.m.

Boardroom, 460 Speedvale Ave. W., GUELPH
7:00 p.m. – 8:00 p.m.

ELIGIBLE VOTERS MAY VOTE AT ANY VOTE LOCATION IN ONTARIO. VOTE TIMES AND LOCATIONS MAY CHANGE. TO FIND OUT MORE, PLEASE VISIT WWW.COLLEGEWORKERS.ORG BEFORE YOU VOTE OR CALL 1-866-811-7274.



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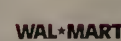
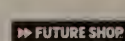
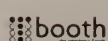


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